

Salmon Spread

Makes: 7 servings

Ingredients

1 can salmon (about 15 1/2 ounce)

1 tablespoon lemon juice

1 tablespoon horseradish

1 cup yogurt, fat-free plain

1 tablespoon dill weed (dried)

4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)

parsley (for garnish)

Directions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	N/A
Total Carbohydrate	N/A
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	